

Carolina country

Celebration of Potters

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African Gem Cutter Makes \$2,689,000 Mistake...Will You?

This story breaks my heart every time. Allegedly, just two years after the discovery of tanzanite in 1967, a Maasai tribesman knocked on the door of a gem cutter's office in Nairobi. The Maasai had brought along an enormous chunk of tanzanite and he was looking to sell. His asking price? Fifty dollars. But the gem cutter was suspicious and assumed that a stone so large could only be glass. The cutter told the tribesman, no thanks, and sent him on his way. Huge mistake. It turns out that the gem was genuine and would have easily dwarfed the world's largest cut tanzanite at the time. Based on common pricing, that "chunk" could have been worth close to \$3,000,000!

The tanzanite gem cutter missed his chance to hit the jeweler's jackpot...and make history. Would you have made the same mistake then? Will you make it today?

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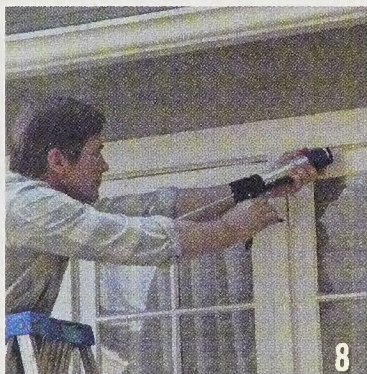
A selection of products, places and services with North Carolina character that are made for holiday giving.

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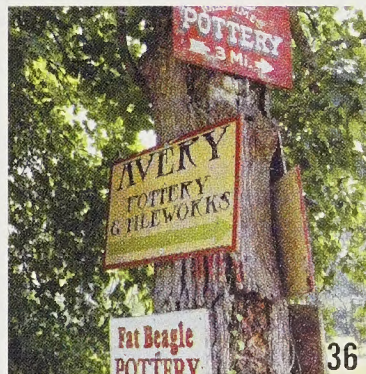
And other things you remember.

ON THE COVER

Blaine Avery at work in his Seagrove studio. Avery Pottery & Tileworks will be among those at the Celebration of Seagrove Potters the weekend of Nov. 18–20. See page 39. (Photography by Bill Russ — VisitNC.com)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

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A more perfect union



By Michael E.C. Gery

Humorist Roy Blount Jr. recently suggested that we elect our public officials by lottery, because "then we wouldn't attract the kinds of people who run for office these days." It's another expression of how bitter Americans are about our government.

What happened to make us feel this way?

We have a pretty good track record. We set up a system of self-government so that "we the people of the United States" could "form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity." And we've done that for a good 225 years.

We set in stone certain rights for

everyone: the freedom to speak, assemble, broadcast, practice religion, petition the government, arm a militia; rights to a fair trial, pro-

tection from unwarranted search and seizure, from cruel punishment, from self-incrimination; the right to equal treatment under the law. We welcomed immigrants—our ancestors—to come here, become citizens and enjoy these rights, too.

And along the way we tried making the union more perfect when we knew it needed improvement, in order that, as President Abraham Lincoln said, "government of the people, by the people, for the people, shall not perish from the earth." We prohibited slavery. We placed limits on the size, control and practices of business. We made sure women had the same rights as men. We helped stop tyrants around the world from abusing and killing their own people.

Eighty years ago, when the nation's economy collapsed, we pulled

ourselves out of a Great Depression, not by giving money to business interests that failed, but by putting ourselves to work making roads, bridges, dams, armories, national parks, photographs and literature, farm communities. We established the Social Security system to provide working people with pensions and disabled people with a safety net. We protected bank deposits. We sent aid to communities after natural disasters. We loaned money to rural communities to help them bring electricity to their homes and businesses.

Fifty years ago we began taking steps to end racial discrimination, secure voting rights for everyone, end pollution of our air and water, ensure the health and safety of our workplaces. We sent young volunteers to poor communities here

in America and around the world to show them we are good-hearted people who help others. We set up federal agencies to support scientific and technological innovation, arts, humanities, weather and atmospheric study, disease control, communication technology, and the safety of air travel, highway travel, mines, food, drugs, and consumer products. We established the Medicare and Medicaid health care systems for elderly and poor people who can't pay the costs of private insurance and medical care.

Today we're still working at it. We're fixing what broke and making improvements so that our children can learn more, so we all can live and travel safely, earn a living, appreciate nature, seek medical treatment, ensure freedom and justice for all, and pay our fair share for all of this. Let's stop pointing the finger and laying blame. Let's start productive discussion and get on with the work of making a more perfect union. ①

Thank you all

I want you all to know I made up my mind to try to take care of myself, try to find a job and learn how to work and pay my bills and take care of my money and live by myself. When my mother was put in the nursing home, I tried to help at my aunt's. I got in wood, cleaned the floor, picked beans and raked the yard. Then my sister asked me to stay with her and her family until I find a place. A friend helped me get an apartment in Washington at Beaufort County Developmental Center, and they let me work in the center at a counter job. I love the apartment and would like to live by myself so I can have my books. Everybody is so good to me. We look after each other. Every time I get some money it seem like I have to get something with it, but I want to save some to help Mr. Jim Bullins Family. They were so good to me. Before he died, Mr. Jim asked me to send a letter to all of you that supported Jim's Kids. I did but I don't have a whole lot of stamps. When I save up some money I will send everybody a letter. If it wasn't for people like you all, all the people that are handicapped would not have a chance to do anything on their own. We are all a great big family and we have each other and hope, faith, love and God.

Onie Frances Rogerson, 672 Tarboro St., Washington, NC 27889



Onie Frances Rogerson with the late Jim Bullins, who ran the Jim's Kids charity in Randolph County.



A fall scene in Union County.

Paul DuBose, Waxhaw, Union Power Cooperative

The solution

Your August 2010 edition contained an article about ductless air conditioning. I was very interested because adding a heating/cooling system to our home would be extremely expensive due to the design of the home. I checked with several contractors, got estimates and purchased a ductless system in October. Nearly one year later, I am so glad you ran the article. I found a solution to our cooling problems. The system works wonderfully, there has been little impact on our power bill, and we received an energy tax credit on our 2010 taxes. Thank you for the article.

Sharon Cooper, Clyde, Haywood EMC

The positive terminal

In your September article about electric cars, I was surprised to see no mention of Shai Agassi's program of establishing service stations that would exchange batteries for electric cars. If and when such service centers are available, they may defeat the limited mileage problem. Instead of stopping 5–10 minutes to fill up with gasoline at maybe \$50 for refueling, a driver would take that time to exchange the car's battery for a fresh one that would allow him or her to travel the same distance—perhaps 300-plus miles—as a tank of gas. Drive into the battery service center, swipe your credit card (for \$50 or maybe less) to open a case with the fresh battery, replace the old

battery, and off you go. You are essentially renting a battery and not waiting while your battery is being recharged. From what I've read, this program is being tested in Israel, Denmark and other locations. This approach could be a real winner.

Dr. Roy W. Roth, Chapel Hill, Piedmont EMC

The Crystal City angel

As we watch the news and read the paper, it is often hard to remember there are many kind people like Teresa. As I read Madison's article ["Another thing I learned in Washington, D.C.," September 2011], I thought of the many blessings my family has experienced these past two weeks. My sister-in-law, Betty Jane, worked at Crystal City, Va., for many years and lives in Annandale. My daughter, Melissa, has just returned from Switzerland and is with them today. I e-mailed her early this morning asking them to go to Crystal City to purchase earrings from Teresa. If they are unable to

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do so today, I know a purchase will be made in the near future. Madison is not just lucky to have met Teresa, she is blessed. I am a firm believer God gently moves people in and out of our lives for a reason.

Patricia Darr, Davidson County, EnergyUnited

Should we shut off our water heater until we need it?

We live in a single-family home that is four years old. Our electric water heater is in the basement. I am very frugal with energy and wonder if I would save anything by turning on our water heater only when we need hot water. We take showers every other day, use the dishwasher every other day and use the washing machine once a week.

Heike Annucci, Hudson, Blue Ridge Electric

Reply: Water heaters maintain water temperature at about 120 degrees so that it is available when you need it. The water in the tank does use energy to maintain that temperature once it is achieved. If the water heater is shut off and used only every other day, then you will allow the water in the tank to reach room temperature. When you turn on the water heater, it will need to raise the temperature of the water from room temperature to 120 degrees. That could be a difference of 50–60 degrees, depending on the temperature in the basement. So in effect you will be using energy to raise the temperature of 40–50 gallons of water 60 degrees.

My recommendation would be to keep the water heater on at all times and make sure it is operating at peak efficiency. Install a water heater blanket to increase the insulation value of the tank. If you feel warmth when you touch the tank, heat is escaping. A water heater blanket will reduce the tank heat loss. Water heater blankets can be purchased at home improvement stores for about \$20.

Install pipe insulation on the exposed hot water supply pipe in the basement and on the first 3 feet of the cold water supply pipe. Make sure the water temperature in the tank is set at 120 degrees or less. If the hot water coming out of your faucet is too hot to

touch, then the water temperature setting on your heater is set too high.

The energy used to maintain the water at the desired temperature should be about equal to the energy you would use to heat the water in the tank if it were shut off every couple of days.

Hot water is a convenience and should be used efficiently. You also use hot water for such daily activities as cooking, hand washing and cleaning.

Rich Radil, GreenCo Solutions, Raleigh



You can't beat a Gravely

I really get a kick out of Jacob Brooks' accounts. After reading his article about the first time he got in the driver's seat as a youngster [Jacob's Log, September 2011], I was hanging back to see if someone other than myself noticed the kind of mower in the picture. It was a Gravely. They started being manufactured in Dunbar, W.Va., and later moved to Clemmons, N.C. A lot of people allow that a Gravely is the toughest machine made, bar none. They're right in that the machines and attachments were overbuilt, something you rarely see in anything today. To prove it, a lot of them are still chugging along, doing what they've been doing for 20 years or longer, and doing as good a job as when they were brand new. So there you are, Mr. Brooks. Not only did you get to start doing a worthwhile job and helping the family, you got to do it on a first-class machine that might have been made in Carolina country. Don't think it could be much better than that.

Lewis McNeely, Haywood EMC

A plea to preserve open space

Urban sprawl is both non-stop and irreversible, taking an estimated 250 acres each hour of every day (USDA national statistic). That toll is 6,000

newly developed acres each day taken from what was once farmland and forests. For the Carolina Horse Park and a growing number of other open space activists, this reality puts into jeopardy the land that is necessary to house, train, feed and enjoy horses, threatening an entire lifestyle.

According to the 2010 national census, North Carolina was the sixth-fastest growing state in the 2000s, and Hoke County, the location of the Carolina Horse Park, is one of the state's fastest growing counties with a population increase of over 25 percent from 2000 to 2010.

To our visitors, Hoke County may still seem very rural with lots of space and land to spare. However, it is increasingly obvious that suburban sprawl will reach Hoke County and the surrounding areas. Without intentional planning and preservation, it will only be a question of time before what is here today could be gone tomorrow.

The Carolina Horse Park's two-fold mission of promoting equestrian sports while preserving hundreds of acres of open land is vital to maintaining land not only for equestrian pursuits, but also land that is used and enjoyed by a multitude of other wildlife and habitats. Places like Carolina Horse Park and the Walthour Moss Foundation are becoming crucial to maintain horse-friendly areas. Just as the Walthour Moss Foundation aids in providing horse and outdoor enthusiasts the acreage to roam, play and train, the Carolina Horse Park provides the event facility that enables many horse enthusiasts to continue to live and compete here.

Although the 2010 elections saw 22 different states pass measures for land conservation, federal funding is increasingly being slashed. The involvement of equestrians in standing up for open spaces is going to be more important as our open space is preyed upon by commercial developers. Without enough land, what is now known, loved and taken for granted may be lost forever.

*Dr. M. Nixon Ellis, chairman,
Carolina Horse Park, Hoke County*

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Was it hot enough for you?



The blistering heat experienced by the nation during August, as well as the June through August months, marks the second warmest summer on record according to scientists at NOAA's National Climatic Data Center (NCDC) in Asheville. The persistent heat, combined with below-average precipitation across the southern U.S. during August and the

three summer months, continued a record-breaking drought across the region.

The average U.S. temperature in August was 75.7 degrees F, which is 3.0 degrees above the long-term (1901–2000) average, while the summertime temperature was 74.5 degrees F, which is 2.4 degrees above average. This monthly analysis, based on records dating back to 1895, is part of the suite of climate services the National Oceanic and Atmospheric Administration provides.

August was the warmest month on record in the South, according to data compiled by NOAA. Drier-than-normal conditions also reigned across the interior West, the Midwest, and the South.

Only nine of the lower 48 states experienced August temperatures near average, and no state had August average temperatures below average.

Despite record rainfall in parts of the country, drought covered about one-third of the contiguous U.S., according to the U.S. Drought Monitor.

Based on NOAA's Residential Energy Demand Temperature Index, the contiguous U.S. temperature-related energy demand was 22.3 percent above average during summer. This is the largest such value during the index's period of record, which dates to 1895.

NOAA's mission is to understand and predict changes in the earth's environment, from the depths of the ocean to the surface of the sun, and to conserve and manage our coastal and marine resources. For more climate-related information, visit www.ncdc.noaa.gov.

Energy Star sales tax holiday: Nov. 4–6



North Carolinians won't have to pay sales tax on Energy Star-rated appliances purchased the week-

end of Nov. 4–6. A state law passed in 2008 provides a sales tax exemption for the following appliances as well as geothermal heat pumps:

- Clothes washers
- Freezers and refrigerators
- Central air conditioners and room air conditioners
- Air-source heat pumps and geothermal heat pumps
- Ceiling fans
- Dehumidifiers
- Programmable thermostats

The sales tax exemption is not for commercial purposes or for rental appliances.

For further information, visit www.dornc.com.

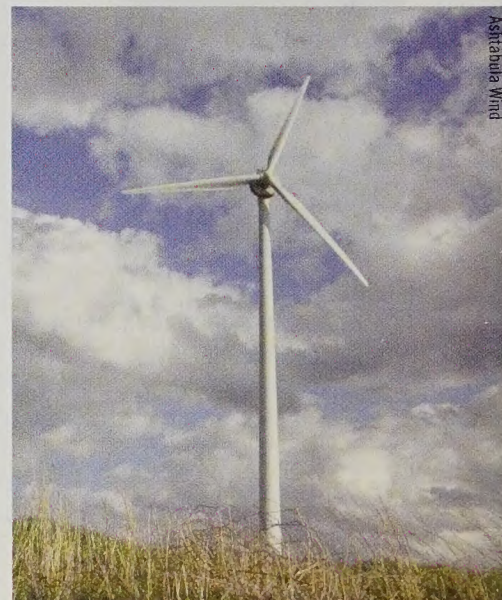
80-megawatt wind farm proposed for Beaufort County

A public hearing is scheduled for 7 p.m. on Nov. 17 to focus on a wind energy farm proposed for eastern Beaufort County. The N.C. Utilities Commission will conduct the proceedings in the District Courtroom of the Beaufort County Courthouse.

Pantego Wind Energy LLC, a subsidiary of Chicago-based Invenergy, proposes to erect 49 turbines, each 492 feet tall, on about 11,000 acres near Terra Ceia and Pantego. The proposal says the 80-megawatt installation could generate enough electricity to power 15,000 homes.

The facility, if constructed, would be connected to a Dominion Power substation near Pantego. Electricity would be transmitted along lines operated by PJM Interconnection, a regional transmission organization that coordinates transmission through much of the Mid-Atlantic region and extending to Ohio, Indiana and North Carolina.

Written statements on the project may be filed with the Chief Clerk, N.C. Utilities Commission, 4325 Mail Service Center, Raleigh, NC 27699-4325.



Try This!

How to seal your home

By Brian Sloboda

Staying comfortable at home often means turning up the heat or air conditioning. But comfort can be costly if your home is not properly sealed from the elements.

Roughly half of the energy used by a home powers heating and cooling. In a poorly insulated home, conditioned air slips outside.

Sometimes air leaks are obvious. If you pass by a window or door and feel a change in temperature, something is wrong. Some folks think it means they need new windows, and that could be the case. But for most, spending a few minutes and a few dollars to seal a home adds up to big savings.

Cold air enters a home through small openings. To find problem areas, use a lit incense stick or a recently extinguished match and move it around the edge of closed windows and doors. Here are a few remedies to fix the problem:

- Add weather stripping to the edges of windows and doors. Stripping typically uses sticky tape to adhere to the side of the window and fill gaps.
- If your home uses single pane windows, consider adding storm windows to the exterior as added insulation.
- Replace old cracked caulking. Make sure you use caulking designed for the application. There are different types of caulk for exterior, interior and bathroom applications; don't use bathroom caulk on the outside of your home. Also, make sure the caulk can be painted if you want it to blend in with the rest of your home.
- Use insulated curtains to prevent further heat loss.

- Remove window air conditioning units when summer ends.

A quick walk around the outside of your home reveals other prime candidates for quick and easy repairs. Anytime a hole is drilled into a home, it creates potential for energy loss. Check pipe and wire penetrations—they should be sealed on both exterior and interior walls. This not only helps prevent energy loss, but also keeps critters from taking up residence.

The ductwork of a forced air furnace, central AC unit or heat pump is another source of energy loss. According to Energy Star, sealing and insulating ducts improves system efficiency by as much as 20 percent. Of course, this requires effort and time. First, focus on ducts running through unconditioned crawl spaces, garages, and attics. Seal ducts using a special duct sealant or metal tape that can be found at most home improvement stores. Despite the name, don't use duct tape—it doesn't last as long as sealant or metal tape.

Once ducts are sealed, check connections at bends and air registers to make sure everything is tight. Once finished, wrap ducts with insulation. Since this may be a dirty and time-consuming job, many homeowners ask a HVAC company to perform this work.


Another dirty job involves adding insulation to the attic and floors exposed to crawl spaces or unheated areas. The amount of insulation needed varies depending on your home's location.

R-values reflect the ability of insulation to resist the transfer of heat. Higher R-values indicate more effective insulation. The typical home will



Make sealing your home a family affair.

need anywhere from R-38 to R-49 in an attic and R-25 in floors. You can get advice on how much insulation you need at your local hardware store. In an ideal world, wall insulation should also be increased, but this generally is not practical.

Remember, no amount of insulation will help if doors or windows are left open. A rush of cold outside air can cause your heating unit to fire up, especially if the door isn't closed right away. Create a jar and charge repeat offenders \$1 each time a door is left open when someone leaves or enters the home. Use that money to buy caulking and weather stripping to seal up windows and other cracks. 

Brian Sloboda is a senior program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.

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Delegates who attend also develop marketing and public relations skills and strengthen their advocacy skills for North Carolina 4-H. Each delegate plans and implements a Personal Citizenship Initiative, demonstrating the influence of youth in government.

Hands-on workshops, panel discussions, distinguished speakers and open discussion help these young people discover how government impacts their everyday life, and how they can impact government in return. The event culminates with all delegates visiting and meeting with their elected officials.

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Hidden Hunger

Tough times have sent North Carolina families to new depths of food hardship

By Karen Olson House

Fairgrove Family Resource Center's lobby is full of people waiting for food. The problem is its freezers are empty. "Look at this," Terri Nelson says, gesturing emphatically toward a small box. It contains a meat biscuit, a pizza, frozen blueberry waffles, hamburger, all told, eight food items. It looks like it would feed one person for about five days. But Nelson, the center's executive director, explains little boxes like this have to go to families of four now. Families who can't come back for at least one month.

It wasn't always like this. When she first started in 2002, the Thomasville center fed 50-60 people a month. In contrast, this past August the center helped 1,277 people, Nelson says. Couple that with the fact that restrictions have sliced in half what she can get from the area's food bank and you see the problem. Both here and across North Carolina, more people are hungry but there's not enough food to feed them.

Lexington resident Alice Guntor, a client at Fairgrove, says she's never had to seek help for food before, but has been unable to find a job and was also robbed

last April. She says she lives in a small trailer, but her son's medications cost a lot and she can't afford food after paying for other bills such as rent, the phone and car insurance. She's lost 25 pounds because "I have had nothing to eat. I've had nothing but crackers. I don't know from one day to next about it."

We rank lowest

The reality of hunger is shocking when it comes to children. All too often, when people think of hunger they

picture Third World children with swollen bellies, far, far away. But according to a 2010 Hunger in America study, one in five North Carolina children under 18 years of age goes hungry.

For children under

the age of 5, not yet under the radar of school lunch and backpack programs, one in four goes hungry. In fact, the study reports that North Carolina tied with Louisiana for last place in the nation for the highest percentage of hungry children under age 5.

A child needs food to develop normally. And, as any experienced school teacher will tell you, hungry kids

ONE IN FOUR

North Carolina children under the age of 5 goes hungry.



Donating food

If you are donating food, Nelson (above) reminds that family-sized items are cost-effective and feed more people than single-serving items. Needed items include:

- High-protein canned meats
- Canned vegetables and fruits
- Peanut butter
- Rice and pasta
- Cereal, including oatmeal
- Fruit juice
- Prepared box mixes such as macaroni and cheese
- Shelf-stable milk (includes dehydrated and evaporated milk)
- Infant formula

have a harder time focusing. But it cuts deeper than that: they have more behavioral and emotional problems, are sick more, have higher rates of aggression, and are more likely to repeat grades. The report "Child Food Insecurity: The Economic Impact On Our Nation" takes it further by detailing the poor effect hunger has on our work force. Hungry children become less-sufficient adults, contributing to higher health costs and greater absenteeism in the work place.

Hunger is spreading

Today's bad economy, lack of jobs, rising health costs and higher household bills all contribute to more people being hungry. Today, it could be that quiet little girl at your son's bus stop, that sullen boy in the classroom, that unruly toddler in the aisle at your grocery store, as well as their fathers and mothers, who are hungry, and you'd never know. They are kids and adults who are hungry every day, or who eat sporadically, not knowing where their next meal is coming from. They are kids and adults who eat just enough to fool everyone.

The hunger problem "has widened to include the well-dressed person you know," says Christy Simmons, public relations manager at the Food Bank of Central & Eastern North Carolina. "Life happens to us all—divorce, major illness, job loss—and can change your financial status almost overnight."

FIGHTING HUNGER

To fight childhood hunger, the North Carolina Pork Council (NCPC) and the North Carolina Association of Feeding America Food Banks have launched a multi-pronged campaign called The Food Effect. People can learn more myth-busting facts and donate money and time to a North Carolina food bank of their choice at its one-stop website.

The Pork Council, which provided the campaign's seed money, has a history with food banks and organizations that help children, such as 4-H. To boost child hunger awareness, it is leveraging its relationships with food, consumer and political communities, as well as posting unifying messages on Facebook and Twitter, spreading the word at events such as Wolfpack games and arming its speakers bureau.

The North Carolina Pork Council will be expanding its efforts for The Food Effect in the coming year. "There's not going to be one silver bullet," says Deborah Johnson, the council's CEO. "It's going to take all of us working together to solve this problem." For more, visit www.thefoodeffect.org.

For Edwina Williams, who has a B.A. in psychology, food from Anointed One Ministries of Ayden helped keep her two daughters, Angel, 11, and Joy, 6, fed when her two-income household dropped to one. Although her husband, Terrance, works for the Pitt County school system, she only recently landed a job after a hard search. And the family faced other challenges, such as when Joy had major kidney surgery. "Food was so expensive I ended up coming here," Edwina said. "I can remember when a dozen eggs was 88 cents and now those eggs are \$3. We needed food in the house."

Like Terri Nelson at Fairgrove, executive director Sharon Osborne at Caldwell County Yokefellow has trouble keeping its Lenoir pantry stocked. She says one reason is that more households are combining now to share expenses. "It's not unusual to see a grandparent, married children and an aunt together. So, instead of providing food for a family of four, it might be a family of six now."


Osborne says she is very appreciative of community support, including past aid from Blue Ridge Electric's member programs. "Those co-op members that contribute to the Round Up Fund and Members Foundation need to know their dollars have a face at Yokefellow," she says, referring to programs that North Carolina's electric co-ops like Blue Ridge Electric have in place to help those struggling in the local communities the co-ops serve.

North Carolina food banks

North Carolina's seven food banks are the main source of food for hunger-relief charities in the state. They provide emergency food assistance for all 100 counties, throughout the year and when natural disasters hit, through a network of more than 2,700 partner agencies such as emergency food pantries and soup kitchens. The banks are: Second Harvest Food Bank of Metrolina, Charlotte; Second Harvest Food Bank of Southeast North Carolina, Fayetteville; Food Bank of the Albemarle, Elizabeth City; Second Harvest Food Bank of Northwest North Carolina, Winston-Salem; Manna Food Bank, Asheville; Food Bank of Central & Eastern North Carolina, Raleigh; and Inter-Faith Food Shuttle, also Raleigh.

Need food?

For a list of the banks' phone numbers and websites, visit www.feedingamerica.org and select North Carolina.

Sharon Osborne reminds us that people can help through food drives, large and small. "It's very easy for a small office, for a congregation. They can sit out a storage tub out and collect food once a month." Edwina Williams reminds us there are many more people out there who don't seek help because of pride. And Christy Simmons reminds us that people can help more than they might think: "At a time in our economy when many donors feel that they can no longer donate to a charity, we say, it doesn't take much. The change that's in your cup holder could feed a family of four." 



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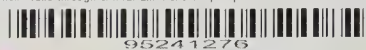
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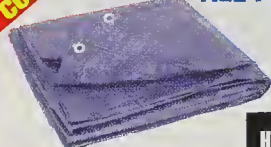
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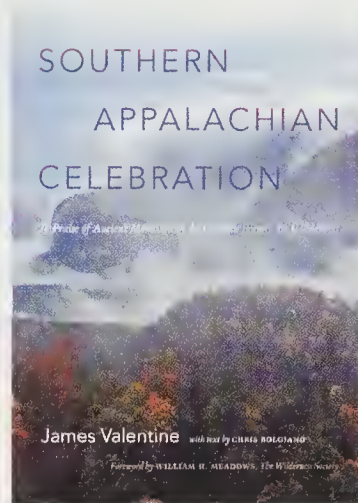


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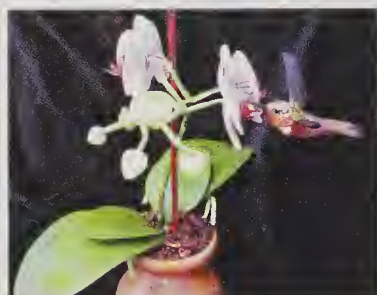
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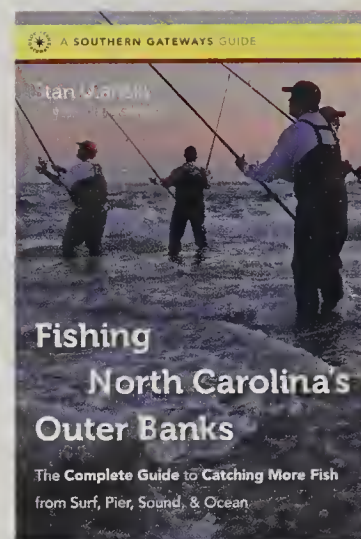
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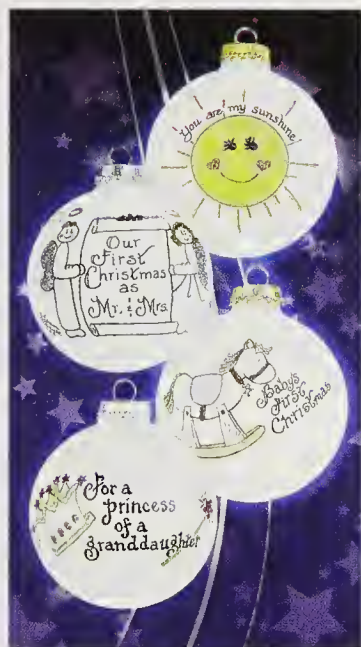
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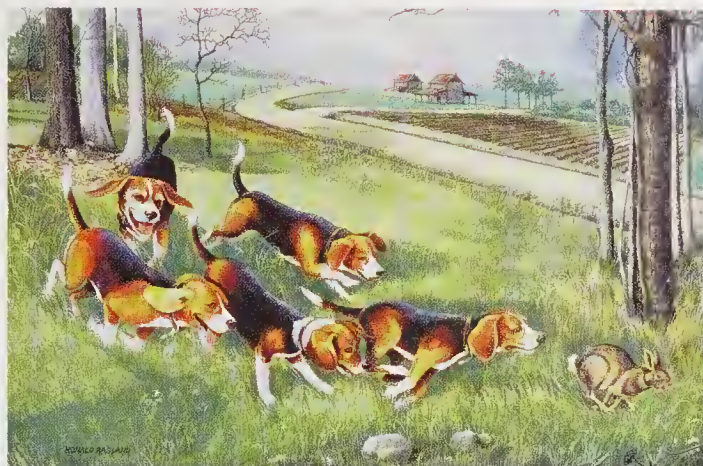
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"Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, and Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints

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www.beagleart.com

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www.NancyJosHomemade.com

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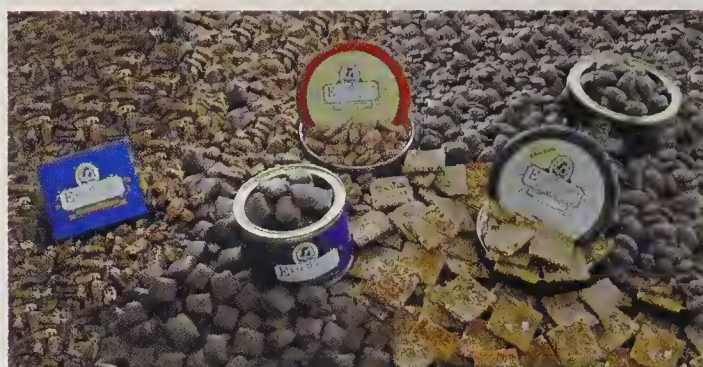
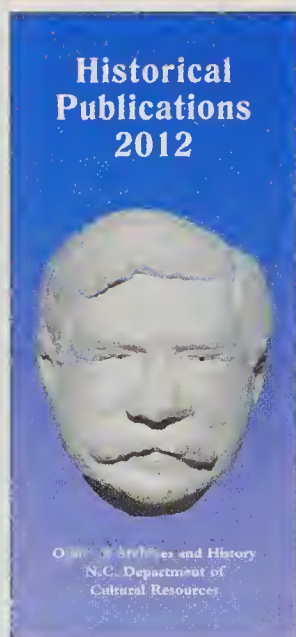
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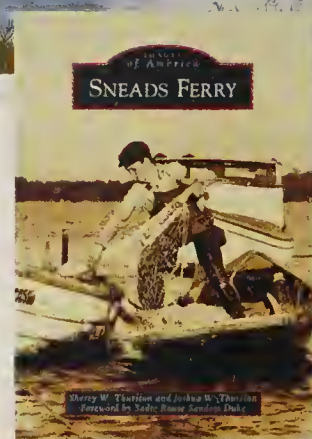
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www.candycottage.us



Coastal Art & More

Artist Sherry Thurston's gallery in the seacoast town of Sneads Ferry for more than 30 years has delighted patrons with art from the coastal region as well as from Sherry's travels around the world: local scenes, fine art, prints, shirts, hats, tote bags, jewelry, books, gifts of all kinds. Now she is offering prints from \$35 to \$150. She also teaches art and accepts commissions for portraits, landscapes, seascapes and logo design. Also, the brand new book from Sherry & Joshua Thurston: "Sneads Ferry," a history in pictures, \$25, includes shipping. Look for the Sneads Ferry Sneaker Boots!



Thurston Art Gallery

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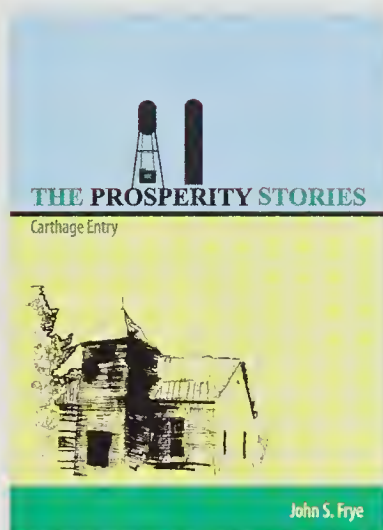
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The Carolina Country personality shines throughout these publications to brighten the holiday season.

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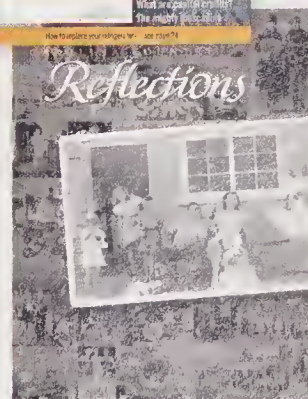
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A Gift Outside the Box

One in six people in North Carolina is at risk of hunger. This holiday season you can honor family and friends and feed our hungry neighbors at the same time. Support Second Harvest Food Bank of NWNC by purchasing Gift Outside the Box holiday honor cards. These beautiful cards feature art created by children who participate in the Kids Cafe, a program of Second Harvest Food Bank of NWNC. Buy a package of 8 assorted cards for \$20, or send your card list to Second Harvest and we will address and mail your cards for a donation of \$10 per card.

Second Harvest Food Bank of NWNC

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Handmade Keepsakes

Teresa Thibault creates homemade keepsake decorations for any occasion or any person in your life. From over 150 designs, choose them for inspirational giving, family, friends, business associates. Being married to a veteran, she saw the need for American-made military ornaments. She couldn't find any available, so she decided to make them a part of her line of ornaments and honor all branches of the military. They can be personalized with names and dates to honor that special service man or woman. All are hand-painted and come in their own gift box with gift card. \$17 plus shipping/handling.



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The New Southern-Latino Table

These recipes bring together the flavors of Latin America and the American South. Bicultural cook Sandra Gutierrez blends ingredients, traditions and culinary techniques in 150 original recipes. Nathalie Dupree, author of *New Southern Cooking*, says, "Chile cornbread; country fried steaks with cilantro-lime gravy; sweet potato and plantain casserole; mango, peach, and tequila cobbler are just a few of the delicious dishes that I look forward to savoring!" 320 pages, 20 color illustrations, a guide to ingredient sources and how to navigate a Latin tienda, a glossary, \$30. At bookstores or from UNC Press.



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www.uncpress.unc.edu
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"Memories" Art Print

Many people loved Ronald Ragland's "Memories" art print that was featured in *Carolina Country*, so he presents it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of "Memories," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints

4215 Jane Lane, Raleigh, NC 27604
(919) 876-8747
www.beagleart.com

Creating rooms that change with the season

If you're a person with a penchant for seasonal decorating, why not fashion the interior of your home with seasonal change in mind? By planning ahead, you can make it easy to modify your surroundings to be seasonally—or even holiday—appropriate.

To accommodate changing décor, you can paint your interior walls a light neutral color, such as off-white, pale taupe or a subtle grey, advises Debbie Zimmer, paint and color expert at the Paint Quality Institute in Philadelphia. “To help guide your color selection, think of your wall color as a blank canvas against which to feature your seasonal items,” she says.

Once your wall color is in place, you can focus on other elements that can be rotated as the seasons dictate. Inexpensive area rugs are great in this regard even when placed on top of wall-to-wall carpeting, as are easy window treatments that can simply be thrown over decorative curtain rods.

Even a small area rug with red or gold in the pattern will warm up a room in the dead of winter; when spring arrives, replace it with a light green rug. You'll be surprised how big a difference this one change will make.

“When it comes to interior decor, it's always best to repeat key colors to create a cohesive color scheme,” says Zimmer. So, take your area rug to a fabric store and find material that matches color-wise. Pay attention to the weight: Heavier fabrics work well in fall and winter, while sheers are best for spring and summer.

If you want to go further, consider purchasing inexpensive slipcovers in “warm” (deep red, orange or gold) and “cool” (light blue or green) colors to use in colder and warmer months, respectively. A more economical way to achieve a similar result is to seasonally rotate warm- and cool-colored pillows or cushions.

Another easy way to render a room more seasonal is with accent pieces placed on the mantel, on shelving or on other furnishings. You can display items with seasonally-appropriate accent colors; or display collections of



Paint Quality Institute

summer and winter items (for example, seashells in the summer and pine cones in the winter).

Don't forget that art can imitate life. You can hang representational paintings or illustrations to reprise the seasonal items you have on display. As an example, think about repeating dried or fresh flower cuttings in a room with botanical prints of the same plant.

“If you're especially ambitious, you might even dare to do more with your paint color,” says Zimmer. “Not

that you'd want to repaint an entire room with each new season, but you actually might be willing to repaint a small accent wall once or twice a year. Assuming that the wall is easy to access, you could complete the job in just a few hours—a small price to pay if you're really seasonally driven.”

For more tips on interior paint and home decorating, visit blog.paintquality.com or www.paintquality.com. 

—Paint Quality Institute

Warming décor

These seasonal elements will quickly visually warm up a room, and make it cozy and inviting:

- Soft throws and quilts
- Plush or highly textured pillows
- Drapes (they also help hold heat in the room)
- Scented candles—try grouping three candles of the same color but of varying sizes. Popular autumn and winter scents include pumpkin, apple and cinnamon.

Multi-generational living

Different paces can mean changing spaces in kitchen

Parents are moving in with their adult children. College grads are coming home to Mom and Dad. Siblings are moving in with one another after a home foreclosure. Across America, the need for home design that supports multi-generational living is on the rise.

In 2008, an estimated 49 million Americans, or 16.1 percent of the total U.S. population, lived in a family household that contained at least two adult generations or a grandparent and at least one other generation, according to the Pew Research Center.

"Factors such as job losses, home foreclosures and a changing attitude toward multi-generational living have all contributed to the rise," said Sarah Reep, director of designer relations and education at KraftMaid Cabinetry. "Now families are finding relatives at both ends of the age spectrum living together under one roof."

To understand how this collision of social, economic and generational influences will impact kitchen design, Masco Cabinetry (home of the KraftMaid brand) commissioned a study called GenShift 2011.

"Living in a multi-generational home can be a great experience, but it can also be very challenging," added Reep. "It's important to take each generation's ideas and needs into consideration, especially when it comes to home design." To keep multi-generational households running smoothly, Reep recommends the following tips:

Consider larger drawer and cabinet handles that are easier to grasp and more ergonomically friendly.



Getty Images

- **Get creative with lighting.** Different tasks and generations require various levels of lighting. A combination of recessed, pendant and under-cabinet lighting provides both aesthetics and functionality. Adding dimmer switches is a way to add even more flexibility.
- **Add a splash of color.** While monochromatic color schemes have been popular in recent years, older generations may prefer contrast between countertops and cabinets to maximize visual acuity.
- **Vary countertop heights.** Lowered counters will create a workspace for small children, wheelchair users and those who prefer to sit while preparing meals. Homeowners can also use the varied heights for different tasks, such as lower counters for kneading

dough and higher counters for cutting vegetables.

- **Install the right hardware.** Older or smaller hands may have trouble grasping or pulling certain types of kitchen hardware. Consider larger drawer and cabinet handles that are easier to grasp and more ergonomically friendly.
- **Keep counters clutter-free.** The GenShift 2011 study found a common theme when it comes to kitchen cabinetry accessories—more storage in a clean design style. Creative storage solutions like pull-out cabinets create easily accessible storage places for "must-have" items.

For more design tips from Sarah Reep, visit www.kraftmaidbydesign.com. 

—Family Features.com

How to get biggest bang for your buck from coupons

Coupons have long been a savvy bargain hunter's go-to tool, but today there are more ways than ever to take advantage of the savings they can bring.



Getty Images

Smart couponing tips

- Stacking coupons is a great way to get a real steal. Look for sale items that you need. Then use a manufacturer's coupon and a store coupon on top of it. If the store doubles the coupon's value, that's even more savings.
- Use coupons with "buy one, get one free" offers. Using one coupon for each item saves you even more.
- If you find good deals on items you'll really use, then it can pay to stock up. But don't fall into the trap of buying something just because it's a bargain. **H**

—Family Features.com

Ninety-one percent of women use coupons to get a good deal, according to a national poll from Smart Magazine. And they're gathering coupons from multiple sources: newspapers, e-mail and snail mail, online, at stores and from mobile phones. There are plenty of deals to be had; you just have to know a few tricks to get them.

Here are tips from the savings mavens at CheapSally.com:

Finding coupons

- Save the inserts that come with your local newspaper, especially the Sunday editions. Note special sales, and cut coupons from the ad circulars.
- Bookmark websites that offer online coupons such as www.smartsources.com, www.couponmom.com and www.CheapSally.com. You'll find printable coupons, e-coupons, promo codes and special deals for brands as well as retail stores.
- Keep your eyes open for in-store coupons. You can find them in automatic dispensers along store shelves, on tear pads, and even on your store receipt. Some retailers print coupons along with your receipt. They're called Catalinas and can be used in the store on your next visit.
- Some grocery stores have loyalty programs that give you access to additional coupons, either online or, in a more recent trend, through e-coupons that you can load onto your rewards card. When you swipe the card, the coupons automatically get credited to your total.
- Check manufacturer's websites for coupons. You can also "Like" them on Facebook or follow them on Twitter to get even more savings. Consumer Reports recommends setting up a separate e-mail account for couponing to help minimize spamming.

Local resources

- Grocery stores in North Carolina that double coupons include Ingles, Bi-Lo, Harris Teeter and Kroger. Check with the store to see how high they will go. Does it match up to 50 cents, up to a dollar, in doubling coupons?
- Don't forget about the coupons in your local Yellow Pages book—they are usually in the back and range widely from discounts on eye exams to auto maintenance and repair.
- Websites with printable coupons for the Triangle area (Raleigh, Durham, Morrisville, Cary and Holly Springs are among cities listed), www.couponsnc.com; for the Triad area (Greensboro, Winston-Salem, High Point, Burlington, Jamestown and Kernersville are among cities listed), www.coupons4thetriad.com; and for Charlotte, www.charlottecoupons.com.
- Live in a city or town not listed above? To find local coupons on the Web, put your zip code and the words "discount coupons" in a search engine such as Google or Yahoo to get printable coupons for your town or community. You can also put in your town's name, but the zip code angle seems to get better results.

The rise in America's pet population

The Humane Society of the United States (HSUS), the leading non-profit devoted to animal welfare, reports that in the 1970s American shelters euthanized 12–20 million cats and dogs every year at a time when there were 67 million pets in U.S. homes. Asilomar Accords, which tracks animal shelter care and euthanasia numbers, says U.S. shelters today euthanize 3–4 million animals, while there are more than 135 million cats and dogs in American homes.

These numbers are only estimates as there is no centralized reporting protocol for shelters.

"This enormous decline in euthanasia numbers—from around 25 percent of American dogs and cats euthanized every year to about 3 percent—represents substantial progress," reports HSUS. "We will make still greater progress by working together to strike at the roots of animal overpopulation."

Many pet owners—about 35 percent—do not spay or neuter their pets. Also, only 20 percent of the 17 million Americans who get a new pet each year opt for a shelter pet; most buy from pet stores, breeders or through other private arrangements. And shelters typically have many more animals than they can place in homes. In addition, most shelter pets are not from litters but are companion animals turned in by their owners.

HSUS recommends Americans spay or neuter their dogs and cats, adopt from shelters or rescue groups, and consider all the ramifications of pet ownership before deciding to take one. ⓘ



America's cat and dog population has more than doubled in 30 years.

CONTACTS

HSUS, www.hsus.org

Asilomar Accords, www.asilomaraccords.org

National Council on Pet Population Study and Policy,
www.petpopulation.org

The basics of plastic recycling

Why can't disposed plastics be melted together and then separated? The reason is a matter of both physics and economics. When any of the seven common types of plastic resins are melted together, they tend to separate and then set in layers. The resulting blended plastic is structurally weak and difficult to manipulate. While the layered plastic could in theory be melted again and separated into its constituent resins, the energy required makes the process cost prohibitive.

So recycling facilities sort plastics first, then melt them with others of the same resin. The recycling numbers on plastic items make for quicker sorting. The process is generally worthwhile, because plastic recycling can be profitable.

Also, recycling the same plastics allows the reclaimed polymer to be used to create new items.

Environmental professionals point out that recycling plastic items does not negate the environmental damage done when the resource is extracted or when the product is manufactured. According to EcoCycle, over the past 50 years, use of disposable packaging—especially plastic—has increased by more than 10,000 percent.

An item of metal, glass or wood can be re-used or recycled more efficiently than plastic. Wood products and other



The use of disposable packaging—especially plastic—has increased by more than 10,000 percent over the past 50 years.

items crafted out of plant material can be composted along with yard waste and food scraps. ⓘ

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CONTACTS

Earth911, www.earth911.com

EcoCycle, www.ecocycle.org

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Or by mail: Where in Carolina Country?
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Raleigh, NC 27611

The winner, chosen at random and announced in our December issue, will receive \$25.



October winner

The October photo by Michael Gery shows the home of Jim and Ginger Grub on Hwy. 194 between Baldwin and Todd, Ashe County. The view is from Laurel Knob. This area is served by Blue Ridge Electric, whose line tech Larry Wood told us the transmission line beyond the first set of trees is the Boone-Todd 110-kv line. The winning answer, chosen at random from all the correct entries, was from Rebecca Melton of Todd, a member of Blue Ridge Electric.

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I Remember...



I had been feeding my birds watermelon rinds and other fruit leftovers, so I knew they were well fed.

My trophy chickens

My mom still tells me about my first experience in the wonderful world of 4-H. I was not quite 4 years old when I became a 4-H Cloverbud and participated in my first poultry show.

I was the youngest participant, but I wasn't nervous or afraid as I stood proudly by my pen of chickens, calmly answering questions and talking to the judges. I believe Mom and Granddaddy were the nervous ones because she later told me that they had gotten jittery just looking at the other children's birds. Granddaddy thought mine looked too small (he called them puny!). I could have told them not to worry because I had also been feeding my birds watermelon rinds and other fruit "leftovers," so I already knew that my birds were well fed.

Needless to say, we were all delighted when the judge announced my name as the Reserve Grand Champion. Mom and Granddaddy let out a huge sigh of relief.

After the show, I relaxed with my Granddaddy and thought to myself, "All in a day's work." We sure were proud of my trophy.

Prattsie Cunningham, Roxboro, Piedmont EMC

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
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Or by U.S. mail: I Remember, Carolina Country,
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Nice advice from Grandma

In the early 1950s, my brother Kermit was 7 years old and I was 5. We were playing outside our rural Alleghany County home discussing frogs and lightning bugs and other important topics. Our discussion led into some criticism of our sister, who did not share our love of frogs.

Our grandmother, "Grandma," who was no doubt watching us as we played in the yard, overheard our discussion and reminded us that when we couldn't say something nice about someone we should say nothing.

About that time we noticed John Doe (name changed for obvious reasons) staggering down the then unpaved road that ran in front of our house. Apparently in a drunken stupor, John whistled away as if he had not a care in the world. He was a local resident and was known for his harmless alcohol-induced escapades.

My brother, being the wiser of the two of us—after all he was 7—piped up, "Well, Grandma, what 'nice' could you say about John Doe?"

Without missing a beat, Grandma responded, "You know he does whistle right nicely."

Today, several decades later, my grandmother has long since left this world, and my brother and I are retired men in our 60s. Even to this day, whenever Kermit and I are talking critically of another person, one of us will say to the other, "Remember John Doe." Then we'll smile to ourselves and remember Grandma and her sage advice and say nothing more.

Allen Wood, Sparta, Blue Ridge Electric





I see my sister in her daughter's eyes as she says, "Look at me mama."

Looking upon us all

Her mama, my sister, passed away with cancer at age 33, when Olivia was only 2. Olivia loves to bake and is full of love and life. When she looks at me, I see her mama's bright eyes looking back. My sister I know is proud of her as she looks upon us all from heaven. As for me, I am blessed by all the wonderful memories I shared with my sister while she was here on earth, and with my niece Olivia, who is 11 and has become my little buddy, filling a void in my heart left when my sister passed. God always has a way of working things out.

Sharon Whitehurst, Rocky Mount, Tideland EMC

Cornbread after work

Mother and I used to work in the cotton fields for our neighbors. On our way home we would go down this little path to a spring and get our milk and butter out of the spring and take it back to our house. Mother would make a cake of cornbread and slice a dish of tomatoes, and we would sit down at the kitchen table, say our prayers and eat our suppers. When we finished our supper, Mother would wrap a piece of cornbread up for Daddy so after he came home from working second shift in textiles, he would eat it before getting ready for bed.

Betty Perkins, Iron Station, Rutherford EMC

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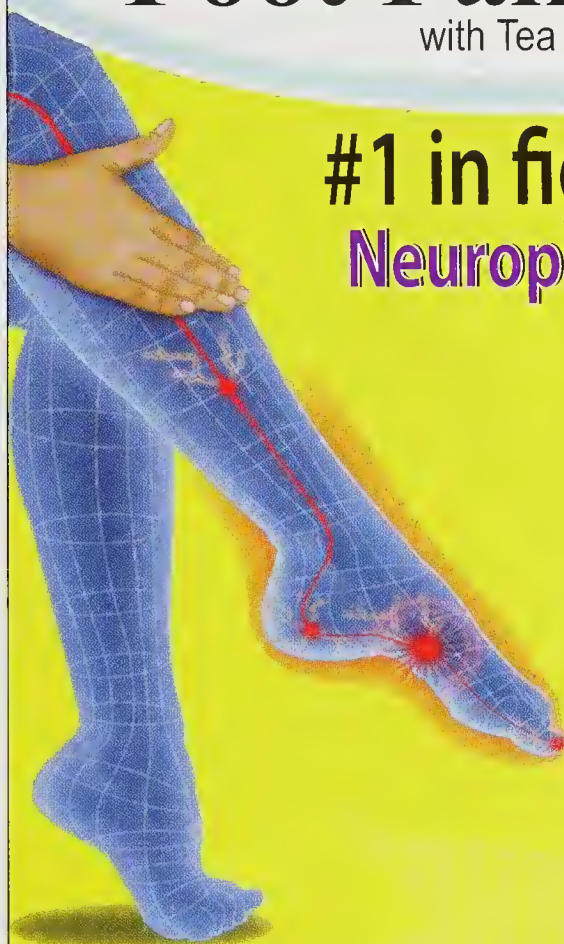


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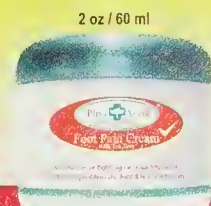
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Maintain a clean fireplace for winter safety

Professional inspections and regular maintenance can prevent chimney fires—and save lives.

Tens of thousands of chimney fires occur every year due to creosote buildup and other chimney problems. In many cases, the entire house ends up burning down and lives are lost. These chimney fires result in as much as \$200 million in property losses each year.

If you notice reduced draft up the chimney, schedule an appointment with a professional chimney cleaner. It may turn out that the screening in the chimney cap was just clogged with soot and blocked the air flow up the chimney. Tapping the screening with a rubber mallet may be enough to knock the soot loose. Later you can replace the chimney cap with one with a more open mesh.

If a creosote fire occurs inside your chimney, the fire's heat can cause the tile liner to crack and fall from the masonry wall. When this happens, the broken tile may restrict the air flow up the chimney reducing the draft. You should be able to see a broken loose tile when looking down the chimney with a bright light.

A chimney fire can also cause the creosote to puff up. It expands and feels somewhat like plastic cooler foam. If you can run a brush down the chimney, some of this puffed creosote may fall down into the firebox. If you find either a broken tile or puffed creosote, your chimney will definitely need a professional cleaning and inspection with a camera.

If repairs are needed, get estimates from several chimney maintenance companies. In my own case, one chimney company found puffed creosote and claimed the tiles were also loose. They gave me a quote of \$7,000 to repair my chimney. Another company cleaned the chimney, then inspected it with a camera, but found no broken



This patch system repairs and seals the flashing around the base of the chimney. A piece of mesh is covered with a tough polymer material that adheres well.

tiles. For \$200 total, they also sealed the chimney crown, and my fireplace has worked fine for years now.


There are some things you can do to reduce creosote buildup. First, use well-seasoned wood and do not try to choke off the combustion air too much to extend the burn time.

Special fireplace logs are available which contain chemicals to reduce creosote formation in the chimney. Using these periodically can help keep the chimney clean. SaverSystems (800-860-6327, www.saversystems.com) offers a spray to use on regular wood logs and other cleaners to minimize creosote.

Much of the hazardous damage to chimneys is caused by moisture entering from outside. This moisture can migrate through the brick and the mortar joints into the chimney. This is bad everywhere, but particularly so in cold climates with a repeated freeze/thaw cycles during winter. Use a water- or solvent-based sealer on the chimney

bricks and mortar.

The crown of the chimney is another location for moisture to enter. Tap on it lightly with a hammer to locate any loose areas and brush them away. If the crown is still in good condition, coat it with a special elastomer crown repair compound. If you have a problem during winter, SaverSystems offers a special crown sealer that cures in below freezing temperatures.

Check the condition of the mortar joints. Where you find loose mortar, fill in the gaps with a elastomer concrete-colored sealer. Also, inspect the flashing where the chimney meets the roof. Deteriorated areas can be sealed with a flexible flashing repair compound. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Have a question for Jim?

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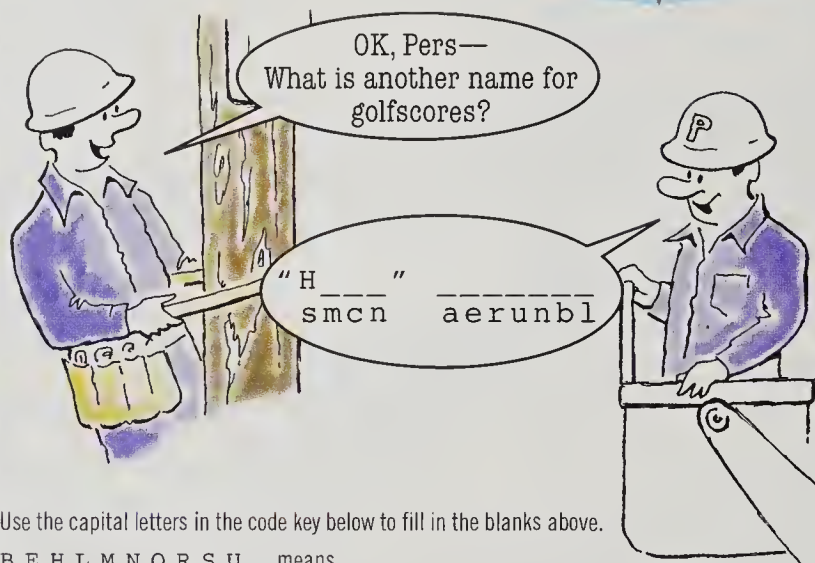
Find the Value of

D A R E C O U N T Y
 + + + + + + + + + =
 - - - - - - - - - -

Each of the ten letters in DARE COUNTY has been given a different value from zero through nine. Given the total value of each of the ten words below, can you find the value of each letter?

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 RED (15) ANY (12) ROOT (12) CORD (9) DOOR (7)

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Use the capital letters in the code key below to fill in the blanks above.

B E H L M N O R S U means
 u n s c r a m b l e

Domi-No.s



Letters have been substituted for digits in this multiplication problem. Given $W=3$, can you replace the missing digits?

$$\begin{array}{r} 3 \\ \hline W \end{array} \begin{array}{r} \\ \hline H \end{array} \begin{array}{r} \\ \hline E \end{array} \begin{array}{r} \\ \hline A \end{array} \begin{array}{r} \\ \hline T \end{array}$$

$$\begin{array}{r} X \\ \hline 3 \\ \hline W \end{array}$$

$$\begin{array}{r} \\ \hline B \end{array} \begin{array}{r} \\ \hline R \end{array} \begin{array}{r} \\ \hline E \end{array} \begin{array}{r} \\ \hline A \end{array} \begin{array}{r} \\ \hline D \end{array}$$

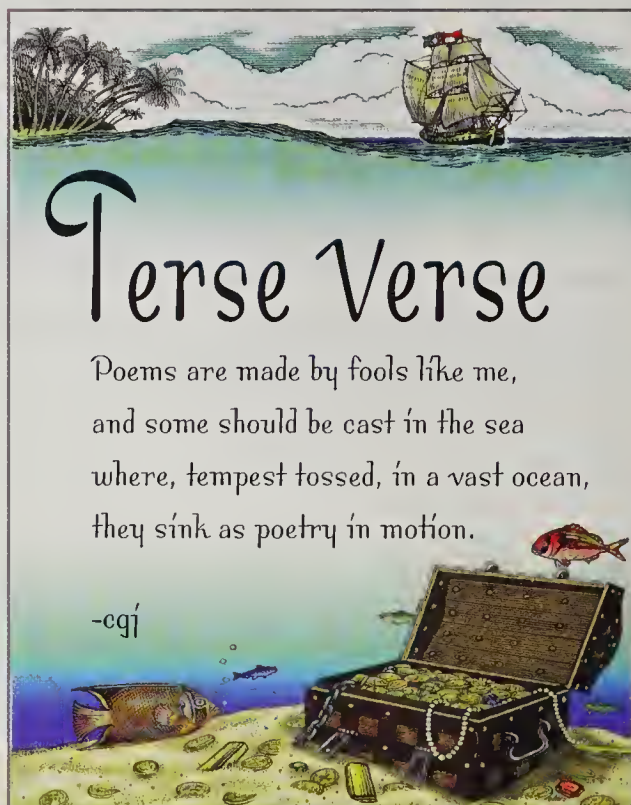
digit
DETECTION

A	D	D	E	D
9	9	9	9	9
8	8	8	8	X
7	7	7	7	X
6	6	6	6	6
5	5	5	5	5
4	4	4	4	4
3	3	3	3	X
2	2	2	2	X
1	1	1	1	1
X	X	X	X	X

Each letter in the word ADDED stands for a digit. Given these simultaneous equations, can you find the value of each letter? Use the grid to eliminate impossibilities. No square ends in 2, 3, 7, or 8.

$(AD)^2 = DED$ The square of the two-digit number AD equals the three-digit number DED.

The sum of the five digits is one more than the value of AD.



Terse Verse

Poems are made by fools like me,
 and some should be cast in the sea
 where, tempest tossed, in a vast ocean,
 they sink as poetry in motion.

-eqí

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Should you vent your clothes dryer inside your house?

Determining where to vent the dryer may be more trouble than it's worth.

Q My sister-in-law told me about a device she attached to her dryer vent that collects the lint and directs the air into the house instead of outside. She says it saves a lot of energy on heating and keeps the house from getting so dry in the winter. I'm thinking about getting one. Is this a good idea?

A This is an idea that's been around for awhile. Back in the 1970s, I often advised my clients to vent their dryers into the house during winter. My reasoning was just what your sister-in-law says: save all of the heat from blowing outside, and use the moisture to help prevent excessive dryness in the house. I suggested tying a stocking to the end of the pipe to prevent lint from blowing all over the house.

Dryers are significant users of energy. They suck air from the house into the dryer, heat it up with an electric element or gas burner, and blow the hot air—along with the moisture from your clothes—out the vent pipe. All of the heat produced by the dryer is “lost” when you blow it outside.

Any time you exhaust air from your house, an equal amount will be sucked in to make up for it. This “make-up” air will come in through every available hole and crack in the house, mixing with the air you've already heated or cooled and causing your furnace, air conditioner or heat pump to work even harder.

In the summer, the air sucked in by the dryer tends to be hot and humid, making the air conditioner work harder. In the winter, the make-up air the dryer sucks in tends to be dry, making the air in your house dry. If your house is already very leaky and dry in the winter, this will just make it worse. Some people try to counteract the dryness by installing a humidifier to add moisture to the house. But the wisest ones (in my opinion) will spend that money sealing the house, making it less dry in the winter while reducing heating bills.

All in all, dryers can cost a lot to operate and create serious issues with moisture, comfort and even health.




Dryers can cost a lot to operate and create serious issues with moisture, comfort and even health.

So does it make sense to bypass all of this and re-route the dryer vent to the inside? Important note: *Do not consider this if you have a gas dryer. The exhaust vent is also the combustion vent. You don't want the products of combustion (e.g., carbon monoxide) in your house.*

If you have an electric dryer, there may be some houses during some times of the year where using this strategy could be beneficial. The problem is determining which houses and when. How do you know when the added moisture will make you more comfortable or lead to mold growth or even rot? This depends on a number of factors including how tight your house is, how big it is, what it's made of, how much laundry you do and what the weather is. For most of us, trying to keep track of all of that to decide whether to vent the dryer inside or outside is probably more trouble than it's worth.

There are some new, high tech solutions to this. Europeans have been using condensing dryers for a number

of years. They don't exhaust air at all, so the problems associated with conventional dryers are eliminated. They tend to be smaller than most Americans are used to and take longer to dry the clothes, but otherwise seem to work well.

The latest high tech approach is the solar clothes dryer. I don't believe there are any tax credits for it yet, but it definitely shows promise. You take a special cord called a “clothes line” and stretch it between two poles outside in the sun. I've seen some research reports that there are even some special devices now available to pin the clothes to the line. This approach is experimental and highly controversial. It's even illegal in some communities. But if you really want to save energy on clothes drying, it may be worth looking in to. 

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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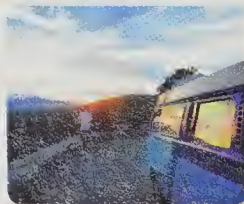
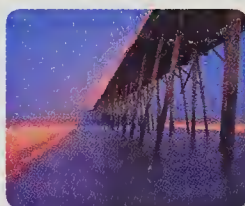
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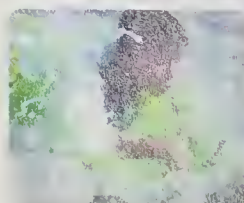
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The hidden costs of tree topping

Tree topping, also referred to as rounding over, heading-back, capping and hat-racking, is a fairly common practice throughout North Carolina. Basically, it is indiscriminately removing tree branches and stems, leaving long stubs behind. Many homeowners think that this reduces the height of their tree and helps to prevent hazards. Unfortunately, exactly the opposite is true. Instead of a simple, inexpensive solution, tree topping magnifies the problem and costs you in additional ways.

When a tree has no leaves, its food production source is removed, and it taps into energy reserves to prevent starvation. Numerous small branches will form near the end of each stub to produce as many leaves as quickly as possible. This rapid new growth not only increases the height of the tree, but also the branch density, making the tree taller and fuller than before. These new branches are weakly attached and prone to breakage in windy or icy conditions—a liability for which you are financially responsible.

Topping a tree causes stress in other ways, as well. Newly revealed tissues may become sunburned—possibly resulting in cankers, splitting bark and even death of the branches. Large wounds and long stubs close slowly and are prone to decay and insect invasion. These factors combine to shorten the life of the tree and can cost you in terms of tree maintenance and removal.

Proper Pruning

Simple tips to remember when pruning:

- ▶ Do not remove more than one-fourth of the tree's crown at any one time (mature trees may not be able to handle even that much).
- ▶ Pruning young trees results in well-shaped adults; mature trees should not need pruning other than removal of dead or hazardous branches.
- ▶ Small wounds close much faster than large ones.
- ▶ The best time to prune living branches is during the winter or early spring before the tree has expended energy to produce leaves and shoots.

The first step in pruning a branch is to locate the branch collar, or the thickened tissue underneath the base of the branch, and the branch bark ridge, which is the junction of the tree stem and the branch, usually parallel to the branch angle. Try not to injure any of this tissue while pruning. To remove a small branch, use a sharp hand pruner and make a clean cut outside the branch bark ridge. For a larger branch that cannot be supported while cutting, use a three step process: 1) using a hand saw, make a shallow cut on the underside of the branch outside the branch collar. As the branch falls, this cut will protect the stem tissue from tearing. 2) The next cut should sever the branch outside the first cut. 3) The final cut should cleanly remove the stub outside the branch bark ridge and collar. An excellent USDA Forest Service resource for pruning information can be found at: www.na.fs.fed.us/spfo/pubs/howtos/ht_prune/htprune.pdf.

If the pruning task is too large, hire a certified arborist. Make a careful choice by asking for (and checking) references, checking for current certification and membership in professional organizations, and ensuring that worker's compensation and liability insurance policies are current. Avoid hiring an arborist that offers topping; a good arborist will offer healthy options in caring for your trees.



Removing tree branches leaves a disfigured tree. Because of the rapid new growth, the tree will need to be regularly pruned. While healthy trees can add 10 to 20 percent to the value of a home, topped trees decrease a home's value as potential buyers are faced with future tree maintenance.

There are several alternative approved and healthy methods for managing your trees. First, be sure when planting a tree that it is the right tree for that place. There should be adequate space for the mature tree, including the height

and diameter of the crown, as well as the roots. In the long run, it may be worthwhile to replace a mature ill-fitting tree with a smaller tree that is right for that space.

Another option is proper pruning. Trees are either excurrent (having one main leader, resulting in a pyramidal shape) or decurrent (having several competing branches that result in a more spherical shape). Pruning will not change the tree's natural shape, but it can reduce the amount of crown; allow for a pedestrian walkway; remove competing, weak or hazardous branches; and result in a healthy, aesthetically pleasing tree. Doing the job right the first time may be a little more expensive, but it will keep your trees healthier and save you from hidden maintenance and removal costs later. 🌳

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC. Related land management information can be found at www.woodlandstewardseries.org.

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www.toddgeneralstore.com

Civil War Commemorative Exhibit

Through Nov. 29, Brevard
(919) 807-7386

www.nccivilwar150.com

Star Farmers Market

Through Nov. 30, Star
(910) 975-2373

www.mcfma.org

Farmers Market

Through Nov. 30, Troy
(910) 975-2373

www.mcfma.org

"Don't Cry for Me Margaret Mitchell"

Nov. 4-6 & 11-13, Asheboro
(336) 626-1201

www.sunsettheatre.org

Cauble Creek Vineyard

Artist Invitational
Nov. 4-20, Salisbury
(704) 798-4718

<http://caublecreekvineyard.com>

"The Wizard of Oz"

Nov. 4-6; 11-13; 17-20, New Bern
(252) 634-9057

www.newberncivictheatre.org

Merry Christmas, Strega Nona

Nov. 4-20, Raleigh

(919) 821-3111

www.raleighlittletheatre.org

Polar Express

Nov. 4-Dec. 24, Bryson City

(828) 586-8811

www.gsmr.com

Festival of Trees

Nov. 8-13, Pinehurst

(910) 692-3323

www.festivaloftrees.org

Mummies of the World

Nov. 11-April 8, 2012, Charlotte

(704) 372-6261

www.discoveryplace.org

"The Art of Giving"

Holiday season art

Nov. 14-Jan. 8, 2012, Hillsborough

(919) 732-5001

www.hillsboroughgallery.com

International Auto Show

Nov. 17-20, Charlotte

(704) 364-1078

www.charlotteautoshow.com

"Oklahoma"

Nov. 17-22, Greenville

(252) 329-4200

www.ecu.edu

"The Christmas Schooner"

Nov. 18-27, New Bern

(252) 634-7877

www.rivertownerepertoryplayers.net

Art for the Holidays

Nov. 18-Dec. 31

Morehead City

(252) 726-7550

www.carolinaartiststudio.us

"White Christmas"

Nov. 25-Dec. 11, Hickory

(828) 328-2283

www.hct.org

Country Tonight

Music show

Through Dec. 1, Selma

(919) 943-1182

Historic Farmers Market

Through Dec. 3, Waynesville

(828) 627-1058

www.waynesvillefarmersmarket.com

Transylvania Tailgate Market

Through Dec. 14, Brevard

(828) 862-3575

"A Journey Thru the 20th Century"

Through Dec. 2011, Oxford

(919) 693-9706

www.granvillemuseumnc.org

NC Art Pottery
Through May 1, 2012, Elizabeth City
(252) 331-4037
www.museumofthealbemarle.com

"Flags Over Hatteras"
Civil War exhibits
Through July 31, 2012, Hatteras
(252) 986-2995
www.graveyardoftheatlantic.com

1 TUES.

Rehobeth Health Fair/Screening
Terrell
(828) 478-2518
<http://rehobethumc.org/news.html>

3 THURS.

Jeanne Robertson Show
Albemarle
(704) 463-3813
www.co.stanley.nc.us/departments/seniorservices.aspx

Taylor 2
Paul Taylor dance
Spindale
(828) 287-6113
www.foundationshows.org

"Gone With The Wind"
Asheboro
(336) 626-1201
www.sunsettheatre.org

Visions of Sugarplums
Holiday art & gift show
Nov. 3-5, Raleigh
(919) 847-4868
www.visionsofsugarplumsraleigh.com

4 FRI.

Bluegrass Experience
40th Anniversary Party & Concert
Pittsboro
(919) 542-0394
www.cathamarts.org

An Evening with Ben Varen
Greenville
(252) 329-4200
www.ecu.edu/srapas

Western North Carolina
Pottery Festival
Nov. 4-5, Dillsboro
(828) 631-5100
www.wncpotteryfestival.com

Concert for Hunger
Roanoke Rapids
(252) 537-4018
www.fpcrr.com/church_web_page/concert_for_hunger.html

Cozy Cottage Craft Show
Nov. 4-5, Kernersville
(336) 993-2260

Down East Holiday Show
Nov. 4-6, Greenville
(252) 493-7287
www.downeastholidayshow.co

5 SAT.

Kiln Opening
Piney Woods Pottery
Nov. 5, Star
(910) 572-3554
www.pineywoodspottery.net

Road to Rolesville 5k/10k Challenge
Rolesville
(919) 562-7069
www.rolesvillechamber.org

Athletes for Alex Biathlon
Lincolnton
(828) 308-2722

Touchstone Energy
NC Cotton Festival
Dunn
(910) 892-3282
www.nccottonfestival.com

Celebrate NC History Festival
Raleigh
(919) 807-7943
www.ncmuseumofhistory.org

Craft Bazaar
Wescase Christian Academy
Troy
(910) 576-1131

Civil War Voices
War Between the States show
Morganton
(828) 433-7469
www.commaonline.org

Blacksmith & Fine Art Auction
Murphy
(828) 837-2775
www.folkschool.org

United Methodist
Women's Fall Bazaar
Hatteras
(252) 986-2129
www.humc@embarqmail.com

Kickin' Asphalt Half Marathon & 5K
Murphy
(828) 837-2242

Unnatural Resources Yard Sale
Community wide event
Greenville
(252) 355-1039
www.unnaturalresources.org

Women's Fellowship Fall Bazaar
Bridgeton
(252) 638-4638

Adam Grove Comedy Quiz Show
West Jefferson
(336) 846-2787
www.ashecountyarts.org

10 THURS.

The Red Clay Ramblers
Folk Group
Hamlet
(910) 410-1691
www.richmondcc.edu

CCCC Foundation
"Have A Seat" recognition
basketball game
Sanford
(919) 718-7230
www.cccc.edu.com

Tar River Symphonic Band
"Salute to America"
Rocky Mount
(252) 985-5197
www.abouttroc.org

Davie Craft Corner
Nov. 10-12, Mocksville
(336) 413-6116

11 FRI.

Art of the Carolinas
Workshops, supplies show
Raleigh
(800) 827-8478
www.artofthecarolinas.com

Concert by Chuck Pyle
New Bern
(252) 354-2444
www.downeastfolkarts.org

Tri-Centennial Commemoration
John Lawson & Tuscarora Heritage
Nov. 11-12, Grifton
(252) 329-4200

Gem & Mineral Holiday Show
Nov. 11-13, Morganton
(828) 439-1866
www.ci.morganton.nc.us

12 SAT.

Concert by Chuck Pyle
Beaufort
(252) 354-2444
www.downeastfolkarts.org

BMX Fest & 2011 Trans Jam Contest
Greenville
(252) 329-4200

Bath and the American Revolution
Bath
(252) 923-3971
www.bath.nchistoricsites.org

Christmas Bazaar
St. Peter's by the Sea
Swansboro
(910) 326-4757
www.saint-peters-by-the-sea.org

Fall Harvest
Life & Science Museum
Durham
(919) 220-5429
www.lifeandscience.org

Holiday Bazaar
St. Paul's Church
Beaufort
(252) 422-2941

Rural Hill Sheep Dog Trials
Nov. 12-13, Huntersville
(704) 875-3113
www.ruralhill.net

13 SUN.

Jazz Society Concert
Blowing Rock
(828) 295-4300
www.blowingrock.com

17 THURS.

Carolina Gospel Association
Blackwood Quartet
Rutherfordton
(828) 287-6113
www.carolinagospel.com

Ahn Trio
Chamber music
Morganton
(828) 433-7469
www.commaonline.org

Thrifty Thursday Movie
"The Green Lantern"
Asheboro
(336) 626-1201
www.sunsettheatre.org

18 FRI.

Hometown Christmas Celebration
Murphy
(828) 837-6821

Alive-at-five Freeboot Friday
Greenville
(252) 329-4200
www.uptowngreenville.com

Friday Night Bluegrass
Tim Moon's Talent Showcase
Asheboro
(336) 626-1201
www.sunsettheatre.org

Wedding Show of the NC Mountains
Nov. 18-20, Blowing Rock
(828) 295-5222
www.blowingrock.com

Celebration of Seagrove Potters
4th annual market and demos
Nov. 18-20, Seagrove
www.celebrationofseagrovepotters.com

19 SAT.

"Christmas on Main"
Art 2 Heart Craft
Mount Holly
(704) 616-4644
www.catawbariverartisans.com

Antique Tractor Show
Nov. 19-20, Huntersville
(704) 264-9346
www.lattaplantation.org

20 SUN.

Durham Appreciation Day
Durham
(919) 220-5429
www.lifeandscience.org

Motorcycle Riders Toy Run
Goldsboro
(919) 738-2308

Gazillion Bubble Show
Bubble magic
Morganton
(828) 433-7469
www.commaonline.org

Fall Festival & Bazaar
Wake Forest
(919) 556-2239

Union County Christmas Parade
Monroe
(704) 226-1407
www.unionsmartstart.org

24 | THURS.

Christmas Lighting & Open House
Forest City
(828) 287-6113
www.townofforestcity.com

Early Bird 5K Run/Walk
Lexington
(336) 242-2917
www.co.davidson.nc.us

25 | FRI.

Dickens Holiday
Caroling, costumes, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Christmas in the Park & Lighting
Blowing Rock
(828) 295-5222
www.blowingrock.com

"Illuminate"
Battleship holiday lighting
Wilmington
(910) 251-5797
www.battleshipnc.com

26 | SAT.

Christmas Parade
Blowing Rock
(828) 295-5222
www.blowingrock.com

Listing Information

Deadlines:

For January: November 25

For February: December 25

Submit Listings Online:

Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.




Grandview Overlook

Photography by Ashley Fetner

Grandview Overlook on the Blue Ridge Parkway was one of our favorite places to visit when we lived in Boone. During an early morning run on the parkway, Ashley saw the clouds settling over the valley after a storm, so he ran home, got his camera and returned in the car to photograph the overlook.

Grandview's elevation is 3,240 feet and it overlooks the small town of Triplett, N.C., and the Yadkin Valley mountains. Daniel Boone loved to hunt in this area, and Boone's Branch Camp is located in the valley.

In 1986, at about 2 a.m., we gathered at the overlook with others to view Halley's Comet. The last time it appeared was in 1910. My neighbor had seen it as a boy, and now he was going to see it a second time. No one spoke as we watched the sky with anticipation. Then it just appeared! We watched as it burned a path across the sky. Then it was gone. Unlike my neighbor, I will not see it a second time when it comes again in 2061.

If you travel on the Blue Ridge Parkway, stop at Milepost 281. It is a grand view. 

—Kay Fetner

Ashley and Kay Fetner are members of Randolph EMC and live in Asheboro. www.ashleyfetnerportraits.com

Touchstone Energy NC Cotton Festival

Nov. 5, Dunn



To recognize the impact that cotton and cotton farming has had on the region, the Harnett County city of Dunn has hosted for 13 years the North Carolina Cotton Festival in early November. Now known as the Touchstone Energy NC Cotton Festival, sponsored by North Carolina's electric cooperatives, the event attracts more than 10,000 people.

Because of renovations in progress downtown, the festival this year will be held 10 a.m. to 4 p.m. on Saturday, Nov. 5, at Clarence Lee Tart Memorial Park just south of town (I-95 Exit 72).

You'll roam the grounds and see stages with live entertainment, carnival rides and games, a big classic car show, a kids park, karaoke, arts, crafts and food vendors.

Once known as one of the nation's largest cotton wagon yards, Dunn is proud of its association with cotton farming. The Touchstone Energy cooperative headquartered here, South River EMC, organizes a photography contest each year and announces the grand prize winner at its booth where the pictures are on display. A nearby cotton gin hosts tours throughout the festival. And all things cotton are evident wherever you go.

Among the acts scheduled for the main stage are Alicia's School of Dance, Janice's Fabulous Feet, Benson Line Dancers, Hip Pocket, Rendance, Dance Effex, and Emily Minor.

For more information

(910) 892-3282

Julie@dunntourism.org

www.nccottonfestival.com

Celebration of Seagrove Potters

Nov. 18–20, Seagrove

Since the early 1980s, November has been the time when Seagrove's pottery artists stage a lively showcase of their art and craft. Collectors and fans from far and wide, as well as locally, gather to see what's new in Seagrove's famous pottery and to renew acquaintances with the potters and their studios. This year's Celebration of Seagrove Potters takes place the weekend of Nov. 18–20 in the Seagrove area, which covers the corners where

Randolph, Moore and Montgomery counties meet.

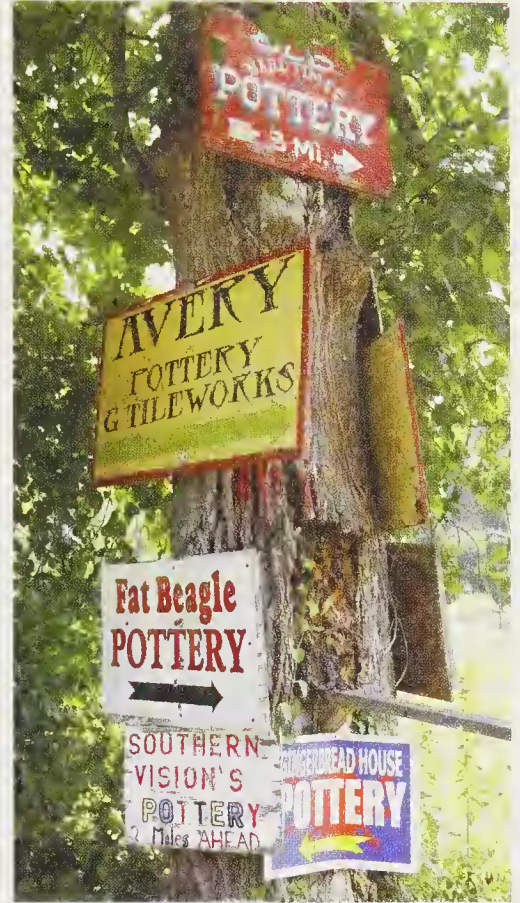
Some 90 potters are expected to participate this year. Many open their studios to visitors during the weekend. But the main events take place at the traditional location of Luck's Bean Cannery. Tickets (\$40) for the Friday night Gala Preview Party usually sell out, so it's advisable to go online and get yours early. Tickets include admission to the weekend's other events. The gala begins at 6 p.m. and allows attendees to browse and shop booths before the actual marketplace opens the next morning. There's a catered reception, a live band and the famous Seagrove Collaborative Pieces auction. You can go online to see the one-of-a-kind pieces up for auction.

Saturday the exhibition is open from 9 a.m. to 6 p.m., and on Sunday from 10 a.m. to 4 p.m. Another auction takes place late Saturday afternoon. Food and a kids area are part of the weekend event.

Randolph EMC, the Touchstone Energy cooperative serving the Seagrove area, is one of the Celebration's sponsors.

For tickets, information and directions

www.celebrationofseagrovepotters.com



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ALEXANDRIA, VA, APRIL 1-4, 2012. Old Town @ Metro; 3BR/3BA & kitchen. Presidential Timeshare. \$450/nite. 252-426-7724.

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Pumpkin Cheesecake with Pecan-Gingersnap Crust

Crust:

- 1 $\frac{3}{4}$ cups gingersnap crumbs (about 30 small cookies)
- 6 tablespoons real butter, melted
- 3 tablespoons brown sugar
- $\frac{3}{4}$ cup pecans

Filling:

- 3 blocks (8 ounces each) cream cheese
- $\frac{3}{4}$ cup canned pumpkin puree
- 6 ounces melted white chocolate (about 1 cup white chocolate chips)
- 1 cup sugar
- 3 eggs
- 2 teaspoons vanilla
- $\frac{1}{4}$ teaspoons nutmeg
- $1\frac{1}{2}$ teaspoons cinnamon
- $\frac{1}{8}$ teaspoon cloves

Topping:

- 1 cup whipping cream
- $\frac{1}{2}$ teaspoon vanilla
- 4 tablespoons powdered sugar
- $\frac{1}{3}$ cup roughly chopped pecans, toasted or caramelized
- 2 tablespoons caramel sauce

Preheat oven to 350 degrees.

Using two large pieces of heavy duty foil, securely wrap the bottom and outside



of your cheesecake pan. This will prevent leaks when using the water bath.

Use a food processor to crush gingersnaps and then pecans. Combine the gingersnaps, pecans, brown sugar and butter, and stir well to combine. Press into a 9-inch spring-form pan. Evenly spread across the bottom of pan and up the sides about 1-inch. To melt chocolate, place in a microwave-safe bowl and microwave on 30-second intervals, stirring in between, until smooth. Set aside. With an electric mixer beat cream cheese and sugar until smooth. Add eggs, one at a time. Add pumpkin, vanilla, nutmeg, cinnamon and cloves. With the mixer running slowly add in white chocolate in a steady stream.

Pour mixture on top of the crust.

Place cheesecake pan inside of a larger pan (at least 2–3 inches in depth). Place in preheated oven. With a kettle or pitcher filled with hot water, pour water into the larger pan about halfway up or approximately $1\frac{1}{2}$ to 2 inches. Bake for 60–75 minutes or until set. The center should be a bit jiggly still. It will finish cooking while cooling.

When it is done, remove from oven and place on a rack until completely cool. Place in the fridge for at least 12 hours. This is a very soft cheesecake so sufficient chilling is a must. When ready to serve, spread sweetened whipped cream on top, drizzle caramel sauce over it and sprinkle with pecans.

Hot Caramel Apple Cider

- $\frac{1}{2}$ gallon apple cider (64 ounces or 8 cups)
- $\frac{1}{2}$ cup orange juice, fresh-squeezed or good quality
- 1 orange
- 8 cloves
- 2 cinnamon sticks (fresh ones)
- $\frac{1}{4}$ teaspoon ground allspice
- $\frac{1}{3}$ cup caramel sauce (or more to your own taste)

Optional: caramel-flavored syrup and sweetened whipped cream (or substitute maple syrup for caramel)

Pour 8 cups of apple cider into a large stock pot on the stove pot. Set heat to medium-high. Add orange juice, cinnamon sticks and allspice. Thoroughly wash your orange and then gently stab the whole cloves into it. If you find it hard to do that without destroying the cloves, use a toothpick to poke a little hole first, then insert the cloves. (If you are doubling the recipe, you can still just use one orange. Just double the number of cloves you poke into it.)

Gently drop the whole orange into the pot. Bring cider to a boil, then reduce heat to a low simmer. Simmer on low for 60 minutes or longer if you wish. If you're keeping the pot on the stove for an extended period, keep an eye on the orange. If at any time it splits open, remove it from the pot. If the white pith is exposed it will add a bitter taste to your cider. If you're going to have the pot warming for hours on end, take out the orange. After you've simmered for an hour, add caramel sauce and stir to combine and dissolve. Add more caramel to taste if needed.

When ready to serve, ladle into mugs, top with whipped cream, and give it a drizzle of caramel and a sprinkle of cinnamon.



More recipes on next page.



Garlic-Rosemary Roasted Fingerling Potatoes

- 1½ pounds fingerling (or other very small potatoes, bite size if possible), washed
- 2½ tablespoons extra-virgin olive oil
- 2½ tablespoons coarse-grain or Dijon mustard
- 2½ tablespoons chopped fresh rosemary (strip the needles from the stem before chopping them)
- 5 cloves of garlic, minced or pressed
- Coarsely-ground black pepper
- Kosher salt

Bring a large pot of salted water to a boil. While the water is heating, combine olive oil, minced garlic, rosemary, mustard and some black pepper. Set aside. When the water is boiling, add the potatoes and boil for about 10 minutes or until they are easily pierced with a fork. Drain, return the potatoes to the pan, and then toss with the mustard mixture.

Now, this is where the beauty of this recipe comes in. You can either do all of this ahead of time and then refrigerate the potatoes until you're ready to finish them off, or you can do it all at once. Either way, you're not going to spend more than 30 minutes making these beauties, and they're so elegant that you could seriously serve them at the fanciest dinner party. So, if you're making these right now, preheat your oven to 425 and line a baking sheet with aluminum foil. If you're saving them (for up to 6 hours), line the baking sheet and spread the potatoes out evenly, cover them with plastic wrap and refrigerate them until you're ready to bake them.

When you're ready to bake, sprinkle with Kosher salt. Bake for 10–15 minutes or until the skins are browning and sizzling. For fancy presentation, place the roasted potatoes on a platter, scrape those delicious bits off the foil, sprinkle them over the potatoes, then garnish with a few sprigs of rosemary.



Candied Coconut Sweet Potatoes

- 4 cups mashed sweet potatoes (4 medium sweet potatoes or about 2 large cans)
- 6 tablespoons sugar
- 6 tablespoons butter (no margarine), softened or melted
- 2 eggs, beaten
- ½ can sweetened condensed milk
- 1 teaspoon vanilla

Topping (If you're feeling naughty you can double this part.):

- 1 cup brown sugar
- 1 cup sweetened coconut flakes
- 6 tablespoons melted butter

If using fresh sweet potatoes, preheat oven to 400 degrees. Prick each sweet potato with a fork and place on foil in the oven. Cook for 40–60 minutes or until tender. Once they've cooled enough to handle, slice in half and scoop out the insides into a mixing bowl.

To the mixing bowl add in sugar, butter, eggs, sweetened condensed milk and vanilla. Your butter should be soft enough to blend up easily, so microwave it before you add it to the bowl if you need to. You could mash it all up by hand, but an electric mixer works great. If you don't like it completely pureed, mix it just until everything is incorporated but there are still some sweet potatoes in larger chunks. Spread this mixture evenly into a 9-by-13-inch pan.

For the topping, combine brown sugar and coconut and then pour melted butter over and combine and sprinkle evenly over the sweet potatoes in the pan.

Bake in a 350-degree oven for 40–50 minutes. It will be more or less depending on the size dish you use, and whether you double the topping. But the top should be nice and browned and bubbly, so just keep an eye on it.

Note: You can make these up to a day or two ahead of time. Just keep them well covered in the fridge and don't put the topping on until just before baking.

From Your Kitchen

Ravioli Di Yummy

- 2 packages beef ravioli (cheese ravioli is OK also)
- 3 to 4 cloves of minced garlic
- 1 package of frozen chopped spinach (defrost and strain)
- 1 jar Alfredo sauce
- 4 small plum tomatoes (chopped small)
- 1 small shallot (chopped fine)
- Parmesan/romano grated cheese
- Salt and pepper to taste
- 2 teaspoons olive oil

In a huge skillet or frying pan, take chopped onions and sauté in olive oil until tender. When onion is tender, add the minced garlic and sauté for one minute longer. Add jar of Alfredo sauce to the onion and garlic and simmer for 10 minutes. While this is simmering, add ravioli to the pot of boiling water and cook until ravioli floats to the top or until done. After the sauce is done simmering for 10 minutes, add the chopped plum tomatoes and the spinach. Mix well and simmer for another 10 minutes on low heat. Drain ravioli and put in a big pasta bowl. Pour the spinach-tomato Alfredo sauce over the ravioli. Salt and pepper to taste and add parmesan/romano to your liking.

Cathy Sandfort of Wake Forest, a member of Wake EMC, will receive \$25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

Unless otherwise noted, recipes courtesy Our Best Bites. Sara Wells and Kate Jones share family friendly recipes, along with humorous anecdotes, on their blog ourbestbites.com. Their best-selling cook book, "Our Best Bites: Mormon Moms in the Kitchen," can be found in major book retailers and online.



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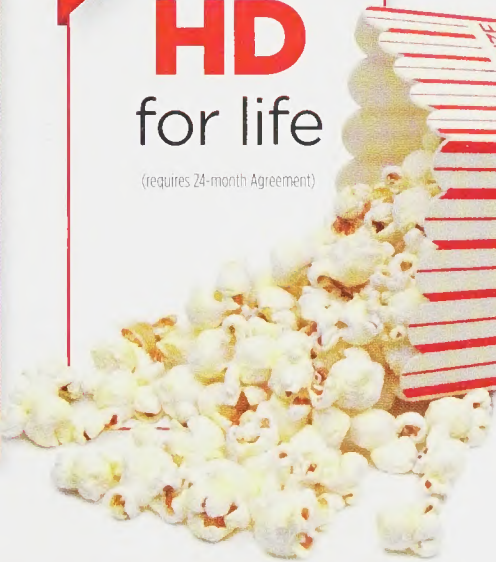
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65	\$5.36	\$7.18	\$4.14	\$5.41
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